

How to register for *my health assessment*...

Getting ready

Taking a health assessment is a great way to learn more about your overall health and track your health over time. It will also help you understand what you can do to maintain and improve your health. It's quick and easy!

When taking the health assessment, know the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight and waist circumference. If you don't know these, you can answer "I'm not sure," but answering all questions produces the best results.

Use the instructions below to first register yourself for *my health & wellness center*. After you have registered, if your spouse or child age 18 or older needs to take the health assessment, you can send them an invitation to register and take the assessment – dependants need their own account in order to complete the health assessment.

Start here:

1. Go to **www.myCIGNA.com**
 - If you have a myCIGNA account, log in with your User ID and password.
 - If you do not have a myCIGNA account, select the "Register" button and complete the registration process.
2. Select the ***Take my health assessment now*** link on the right-hand side of the page.

Registering yourself?

3. On the next page you'll see your name and the names of your dependents over 18. Click on your name.
 - If you've already accessed your my health & wellness center account from myCIGNA, you will be automatically taken to your my health & wellness center home page.
 - If you have not already accessed your account from myCIGNA, you will be asked if you've previously taken a CIGNA health assessment, or signed up for a my health & wellness center account:
 - Select "yes" if you took the health assessment during pre-enrollment or if you already registered in a previous year. Then enter you log in information to access your my health & wellness center homepage, where you can take the health assessment or update your information.
 - Select "no" to proceed to registration.
 - Select "not sure" to proceed to registration to verify your registration
 - Follow the instructions on the screen and complete all required fields. Select Continue.
 - Review the information on the next page and select continue.
 - From here, you can take your health assessment.

Registering your dependent?

Note: Follow these steps to register your spouse or a child age 18 or over for the health assessment. They will not be able to access the health assessment until you have invited them.

1. Go back to myCIGNA.com
2. Select the ***Take my health assessment now*** link on the right-hand side of the page.
3. Select a dependent to take the health assessment, and then confirm their information.
4. Enter an email address for the dependent and create a user name. Select continue to send dependent an email invitation to register on the my health & wellness center and take the health assessment.
5. Be sure your dependent knows the user name you've created for them.